

## How to Apply:

Call the WIC local agency nearest you to make an appointment. The telephone listing is on the back of this brochure. Or, call 586-8080 (Oahu) for help. On the Neighbor Islands (toll-free) 1-888-820-6425.

For your first WIC appointment, please bring:

### 1. Proof of income

For example, pay stubs, leave and earnings statement (LES), or medical benefit papers.

### 2. Proof of identity

For example, driver's license or state identity card.

### 3. Proof of Hawaii address

For example, utility bill, rent receipt or driver's license.

### 4. Your baby and/or children who need WIC

### 5. Your baby and/or children's shot record

At the appointment, WIC staff will check height, weight, diet and the need for a simple blood test.



## Call Today to Apply

Many people qualify for WIC but don't know it. Call the Hawaii WIC program nearest you to see if you qualify.

### WIC Local Agencies

#### Oahu

Kalihi-Palama WIC Program	841-0011
Kapiolani WIC Program	983-8531
Kokua Kalihi Valley WIC Program	791-9444
Leeward WIC Program	675-0365
Pearl City WIC Program	453-6511
Wahiawa WIC Program	622-6458
Waianae WIC Program	697-3301
Waimanalo WIC Program	259-7940
Windward WIC Program	233-5470

#### Neighbor Islands

Bay Clinic WIC Program (Hawaii)	965-3030
Hilo WIC Program	974-4270
Kona WIC Program	322-4888
Kauai WIC Program	241-3080
Lanai WIC Program	563-0029
Malama I Ke Ola WIC Program (Maui)	872-4034
Maui WIC Program	984-8225
Molokai WIC Program	553-3276

On Oahu: 586-8080

Neighbor Islands: 1-888-820-6425

Visit our website for more information and clinic locations: <http://health.hawaii.gov/wic>



# Raise a Healthy Family with WIC



A free health & food program  
for women, infants & children



HAWAII STATE  
DEPARTMENT  
OF HEALTH



Neil Abercrombie, Governor

Loretta J. Fuddy, A.C.S.W., M.P.H.  
Director of Health

USDA is an equal opportunity provider and employer.

## What is WIC?

WIC, the Women, Infants & Children program, helps pregnant women, new mothers and young children eat well and stay healthy.

## WIC offers families:

- **Nutrition and health education.**  
WIC will answer your questions about what to eat for a healthy pregnancy and help you plan family meals and snacks.
- **Education and support for moms who breastfeed.**  
WIC has specially trained staff to answer your breastfeeding questions. Ask for more information about our breast pump loan program.
- **Checks to buy healthy foods such as:**
  - ✓ Milk
  - ✓ Fruits and vegetables
  - ✓ Juice
  - ✓ Eggs
  - ✓ Cheese
  - ✓ Cereal
  - ✓ Dry beans or peas
  - ✓ Peanut butter
  - ✓ Canned tuna or salmon
  - ✓ Whole grain breads, tortillas, or brown rice
  - ✓ Baby foods
  - ✓ Infant formula
  - ✓ Tofu and soy milk
- **Help in finding health care and other community services.**

## You can participate in Hawaii WIC if you:

- Are pregnant, breastfeeding, or had a baby in the last 6 months, or have children under 5 years old, including those cared for by a single father, grandparents, foster parent, step-parent, or guardian, and
- Live in Hawaii (includes military families, immigrants, and foreign students), and
- Have a household income matching the guidelines in the box below OR already receive TANF, SNAP, QUEST or Medicaid.



Effective July 1, 2013					
Persons in Family or Household*	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$24,476	\$2,040	\$1,020	\$942	\$471
2	\$33,023	\$2,752	\$1,376	\$1,271	\$636
3	\$41,570	\$3,465	\$1,733	\$1,599	\$800
4	\$50,117	\$4,177	\$2,089	\$1,928	\$964
5	\$58,664	\$4,889	\$2,445	\$2,257	\$1,129
6	\$67,211	\$5,601	\$2,801	\$2,586	\$1,293
7	\$75,758	\$6,314	\$3,157	\$2,914	\$1,457
8	\$84,305	\$7,026	\$3,513	\$3,243	\$1,622

Households larger than eight, please visit our website for additional income information.

\* Count your unborn baby as an additional family member. For example, add two to your family size if you are expecting twins.